

Special Events



Letters to Santa

Receive a genuine letter from Santa Claus himself! Drop your child's personal letter in the North Pole Mailbox in the Parks & Recreation Office, or mail it to Santa, Attn:

Parks & Recreation Department at P.O. Box 5106. Your child's letter must include a self addressed stamped envelope. Santa himself will mail a personalized letter back in time for Christmas. In order for a timely response, letters will be accepted December 1 – 17.

New ~ Kid's Morning Out

Tis the season of hustle and bustle. Why not have your kids enjoy a morning out while you cross off items on your holiday to do list? Children ages 2 - 4 will join Jennifer Tomaino and Pam Zavarelli for a fun-filled morning including music and movement, parachute play, arts and crafts and stories, giving them an opportunity for social interaction and cooperative play. Children do not need to be potty trained in order to attend. Please send a snack and a drink.

Day: Tuesday Time: 9:30-11:30 a.m.
Dates: 12/16 Fee: \$19.00
Place: Congregational Church—Fellowship Hall



Christmas Ornaments Workshop

Children in grades 1 - 4 and 5 - 8 will make a variety of Christmas ornaments.

Day: Saturday Date: 12/20
Time: Grades 1- 4: 2:00 - 3:15 p.m.
Grades 5 - 8: 3:30 – 4:45 p.m.
Place: Brookfield Library Community Room
Instructor: Cathy Westervelt Fee: \$15.00

Tots Holiday Workshop

Children ages 3 - 5 will create a holiday masterpiece using a variety of materials. Parents are encouraged to stay.

Day: Saturday Date: 12/20
Time: 12:30 - 1:30 p.m.
Place: Brookfield Library Community Room
Fee: \$15.00 Instructor: Cathy Westervelt



Afternoon of Ice Skating at Danbury Ice Arena

Join us and your friends and neighbors for an afternoon of ice-skating at the Danbury Ice

Arena! We've rented out one of the rinks from 4:20 – 5:50 p.m. for an afternoon of fun! Skate rentals are included or you can bring your own. We encourage you to bring bike helmets from home. (We're told that bike helmets work great for ice-skating, too!) Light refreshments will be served.

There is no charge for this event, but you must pre-register, as we can only accommodate up to 250 people. Please plan to arrive at the Ice Arena by 4:00 p.m. to make sure that you get your skates laced up, and can enjoy your full time on the ice!

Day: Saturday Time: 4:20 – 5:50 p.m.
Date: 1/24 Place: Danbury Ice Arena
Fee: Free

Special Events, continued



Valentine's Day Workshop

Children ages 3 - 5 and in grades 1 - 4 will create a Valentine's day craft as a gift for Mom or Dad, or just for fun! Please wear a smock or old clothes, meet at the Senior Center.

Please note that the Senior Center is currently in its temporary location at 559B Federal Road.

Day: Saturday Date: 2/7
Tots: 12:30 - 1:30 p.m. Grades 1- 4: 2:00 – 3:15 p.m.
Place: Senior Center Fee: \$15.00

Tom O'Brien's Magic Show

Looking for a fun way to spend some time with your children on a day off from school? Join us for a Comedy Magic Show by Tom O'Brien. Tom has delighted children at our summer camp program, and is also the instructor of our ever-popular magic workshops. This performance is age appropriate for children 3 – 10, and will be held in the auditorium of Brookfield High School, 10:00 – 10:45 a.m. There is no charge, but pre-registration is requested by calling the Parks & Recreation Office at 775-7310.

Day: Thursday Time: 10:00 a.m.
Date: 2/12 Place: BHS Auditorium
Fee: Free



13th Annual Egg Hunt

Join the Parks & Recreation Department on the grounds of Town Hall on Saturday, April 4. Additional features include a jellybean counting contest, and a special appearance by the Easter Bunny. Bags will be provided for egg collecting. Call the Parks & Rec.

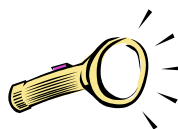
Office to pre-register. Cost is \$1.00 per child. Pay on the day of the hunt in the lobby of Town Hall.

Age Divisions:

Under 3 at 12:00 p.m.
3- 4 year olds at 12:15 p.m.
5 - 6 year olds at 12:30 p.m.
7 - 8 year olds at 12:45 p.m.

Day: Saturday Time: See above
Date: 4/4 Fee: \$1.00

10th Annual Flashlight Egg Hunt



Just for students in grades 3 – 5! The hunt will be held on the grounds of Town Hall at 8:00 p.m. sharp, and will last approximately 20 minutes. All participants must bring their own

flashlights. Bags will be provided for collecting. Call the Parks & Recreation Office to pre-register. Cost is \$1.00 per student. Pay on the evening of the hunt in front of the Town Hall.

Day: Friday Time: 8:00 p.m.
Date: 4/3 Fee: \$1.00

Easter Crafts Workshop

Children ages 3 - 5 and in grades 1 - 4 will create an eggcellent craft for Easter. The class will meet in the temporary location of the Senior Center, 559B Federal Road.

Day: Saturday Date: 4/4
Tots: 1:30 – 2:30 p.m. Grades 1- 4: 3:00 – 4:15 p.m.
Place: Senior Center Fee: \$15.00

Get out of Town

New ~ Christmas in Newport

Newport is a great place to visit any time of year, but especially during Christmas time! We'll be leaving from Brookfield Town Hall at 7:00 a.m. Once in Newport you will enjoy a guided tour of the Breakers Mansion (decked out for the holidays), a 90-minute guided tour of 10-Mile Ocean Drive and a tour of the Marble House Mansion in its holiday splendor. And you'll also have plenty of leisure time for lunch and shopping, departing for home at 6:00 p.m. Fee includes deluxe coach bus transportation, admission into Breakers and Marble House Mansions, and tour guide. Only a few seats still available!

Day: Sunday Date: 12/14
Time: 7:00 a.m. departure Fee: \$75.00

New ~ LSU v. UConn Women



Join us to cheer the Lady Huskies to victory! It's sure to be an exciting game, since LSU has made five consecutive Final Four appearances and is currently ranked in the top 25. We'll be leaving from Brookfield Town Hall at 9:30 a.m.

for a 12:00 p.m. game at the XL Center in Hartford. Return to Brookfield at the game's conclusion. Fee of \$54.00 includes ticket and coach bus transportation.

Day: Saturday Date: 1/3
Time: 9:30 a.m. departure Fee: \$54.00

New ~ Notre Dame v. UConn Men

Join us to cheer the Huskies to victory in this Big East Conference match-up. We'll be leaving from the Redding Community Center (37 Lonetown Road also known as Route 107) at 12:00 p.m. for a 2:00 p.m. game at the XL Center in Hartford. Return to Brookfield at the game's conclusion. Fee of \$54.00 includes ticket and coach bus transportation.

Day: Sunday Date: 2/22
Time: 12:00 p.m. departure Fee: \$54.00

New ~ Boston – Tall Ships

The Tall Ships will be in Boston Harbor in July, and we have a great way for you to see them! We'll be leaving from Brookfield Town Hall at 7:30 a.m. Once in Boston, we'll board a Boston Harbor Cruise ship for a 90-minute cruise to view the Tall Ships. After the cruise you'll have plenty of time to enjoy Boston including a visit to Quincy Market and grab a bite to eat, leaving Boston at 6:00 p.m.

Day: Saturday Date: 7/11
Time: 7:30 a.m. departure Fee: \$85.00

Ice Skating on Whalen Pond

Did you know that Whalen Pond is open to Brookfield residents for ice-skating during the winter months? Whalen Pond, also known as Hillandale Pond, is located at the intersection of Broadview and Hillandale Roads, near Brookfield High School. Ice conditions are checked Monday through Friday for safety, and a "skating" or "no skating" sign is posted at the Pond. Please note that conditions are not updated on weekends or holidays.

Adult Education

W.E.R.A.C.E. - Western Connecticut Regional Adult and Continuing Education Danbury Community Resource Center 797-4731 Mandated Programs

Classes in Basic Reading, Math, and Writing; English for Speakers of Other Languages (ESL), Citizenship, GED (General Educational Development), and CDP (Adult High School Credit Diploma Program)

Microsoft Word 2000 Level 1

Learn the basic skills needed to use this program. Copy, Cut, Paste, Save, Insert, Tables, and more will be covered.

Day: Monday Time: 6:30 – 8:00 p.m.
Dates: 2/2 – 2/9 (2 wks) Fee: \$65.00
Place: Computertalk, 475 Federal Road, Unit B



Microsoft Word 2000 Level 2

Learn how to prepare more complex documents. We will create a newsletter and in the process learn how to create headers and footers, import graphics and pre created text, create and format tables and more. A working

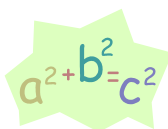
knowledge of MS Word is required. A course manual and disk are included.

Day Monday Time: 6:30 - 8:00 p.m.
Dates: 2/16 – 3/2 (3 wks) Fee: \$135.00
Place: Computertalk, 475 Federal Road, Unit B

Microsoft Excel 2000– Level 1

This class is designed for individuals who have little or no experience in using a spreadsheet. Class will teach use of simple formulas, charting, fill commands, nomenclature and more.

Day: Tuesday Time: 6:30 - 8:00 p.m.
Dates: 2/3 – 2/10 (2 wks) Fee: \$65.00
Place: Computertalk, 475 Federal Road, Unit B



Microsoft Excel 2000 – Level 2

Working with a fictitious company, students will learn how to work with databases and lists, use logical, financial and date functions, format worksheets, insert, move and modify

objects, link worksheets with 3-D references, use excel on the web, and use and customize templates. A course manual and disk are included.

Day: Tuesday Time: 6:30 - 8:00 p.m.
Dates: 2/17 – 3/3 (3 wks) Fee: \$135.00
Place: Computertalk, 475 Federal Road, Unit B



Microsoft Excel 2000 – Level 3

Participants will master the following skills in this course: working with records and ranges; sorting, outlining and filtering lists; importing and exporting data; using pivot tables and pivot charts; using data analysis tools; protecting and

sharing workbooks; managing workbooks with comments; data validation; and merging/linking workbooks. A course manual and disk are included.

Day: Tuesday Time: 6:30 - 8:00 p.m.
Dates: 3/10 – 3/24 (3 wks) Fee: \$135.00
Place: Computertalk, 475 Federal Road, Unit B

Microsoft Access 2000 – Level 1

This course will center on learning the basic features of Access. We will create a database complete with tables, forms, queries, and reports. We will also use features such as wizards and design view to help us create different database objects. A course manual and disk are included.

Day: Thursday Time: 6:30 - 8:00 p.m.
 Dates: 2/5 – 2/19 (3 wks) Fee: \$135.00
 Place: Computer Talk, 475 Federal Road, Unit B

**Microsoft Access 2000– Level 2**

For those who want to learn to create more complicated databases, the following topics will be covered: modifying tables in design

view, using multiple data types, using the office clipboard, binding data and controls, creating multiple table queries, creating calculated fields, adding controls to forms and reports, creating web documents, using hyperlinks, backing up a database, printing database objects. A course manual and disk are included.

Day: Thursday Time: 6:30 - 8:00 p.m.
 Dates: 2/26 – 3/12 (3 wks) Fee: \$135.00
 Place: Computer Talk, 475 Federal Road, Unit B

Microsoft PowerPoint 2000 Level 1

The objective of this course is to teach you how to create a professionally designed presentation. You will learn a variety of skills that include the following: Use of the auto Content Wizard, creating a presentation from scratch, working in normal, slide sorter, and

outline view, inserting specific slide types, modifying the sequence of slides, promoting and demoting text, adding speaker notes, formatting text, using master slides, using headers and footers, using bullets and more. A course manual and disk are included.

Day: Wednesday Time: 6:30 - 8:00 p.m.
 Dates: 2/4 – 2/18(3 wks) Fee: \$135.00
 Place: Computer Talk, 475 Federal Road, Unit B

Selling on eBay

Tired of the clutter in your home? Want an easy solution to cleaning the attic without the hassles of a tag sale? Have collectibles you want to part with for cash? Perhaps you have always been curious about selling on eBay but not quite sure how to go about it? This class may be for you. This introductory course will examine the basic aspects of selling on eBay. Throughout this course you will learn how to set up an eBay account, search for related items, list your items competitively, add pictures to a listing, manage your account, answer buyer questions, ship from home using USPS, and much more. Also covered are safety tips concerning how to keep your online account safe. This course is open to adults age 18 and over with some internet experience.

Day: Thursday Time: 6:15 – 7:30 p.m.
 Dates: 1/22 – 2/5 (3 wks) Fee: \$49.00
 Place: BHS Room 239 Instructor: Anne Joyce

New ~ Heritage Makers Digital Scrapbooking and Personal Publishing

Have you wanted to create a more permanent home for your digital pictures, but didn't know where to start? Heritage Makers is an on-line scrapbooking/publishing company that allows users to create greeting cards, playing cards, posters, calendars and storybooks in a variety of sizes. This class will be a hands-on workshop where you will be introduced to the software and instructed on its use, and then have time to experiment on your own. Recommended for people with basic computer skills. You'll need to bring your digital pictures (or scanned pictures) with you to class, so a flash drive (thumb drive) is required with 1GB of storage. If you only have pictures, not digital images, the instructor will be happy to scan up to 100 of them for your use. This is a great way to use those new holiday pictures!

Day: Tuesday Time: 6:30 – 8:30 p.m.
 Dates: 2/3 – 2/24 (4 wks) Fee: \$79.00
 Place: Brookfield High Room 239
 Instructor: Sandy Slifka

**Digital and Film Photography**

In just five weeks this class will have you using your camera like a pro. You'll learn what all those camera buttons and

hidden menus do. Technical terms like white balance, ISO and resolution will be explained, but we'll also spend time on esthetic issues. Weekly assignments will encourage you to practice and to develop your artistic sense. Bring your camera manual as well as your camera, charge up those batteries and let's have some fun.

Day: Wednesday Time: 7:00 - 9:00 p.m.
 Dates: 1/21 – 2/18 (5 wks) Fee: \$70.00
 Instructor: MaryAnn Kulla Place: Town Hall Mtng Rm.

Beginning Photoshop Elements

If you would like to enhance your photos or artwork, this class will get you started on the right track. It will introduce you to the basics of Photoshop Elements. We'll learn what the tools and palettes do; how to adjust color, change the size of an image, make selections and manipulate them. Computer familiarity is required because this will be a hands-on class. Questions and experimentation will be encouraged. Please come to class with the book Photoshop Elements 2 by Mike Wooldridge from the "Teach Yourself Visually" series. (You can find these on Amazon for as little as \$.50.) If you have a laptop with a later version of Photoshop on it, buy the "Teach Yourself Visually" book for the version of Elements you have and bring it and your PC to class.

Day: Wednesday Time: 7:00 - 9:00 p.m.
 Dates: 3/4- 3/25 (4 wks) Place: BHS Room 239
 Instructor: MaryAnn Kulla Fee: \$70.00

Click, Load & Print

This class will demonstrate how to get your digital photos onto your computer, organize them, and make prints using your home printer. Bring a memory card with some pictures you don't mind experimenting with, plus bring any connecting cables that came with your camera and your camera manual.

Day: Thursday Time: 7:00 - 9:00 p.m.
 Date: 2/19 Place: BHS Room 239
 Instructor: MaryAnn Kulla Fee: \$25.00

**Organize Your Home**

If you want to live a calmer, more organized life, now is the time to learn how! During this two-hour class The Joyful Organizer will give you the tools necessary to create organizational systems that meet your family's needs and daily habits. Areas to be discussed

include: closets, living spaces, kitchens and kid's rooms. Participants are encouraged to come with questions and even photos of their own organizational challenges.

Day: Tuesday Time: 7:00 - 9:00 p.m.
 Date: 1/28 Fee: \$25.00
 Instructor: Bonnie Joy Dewkett, The Joyful Organizer
 Place: Town Hall Meeting Room

New ~ Introduction to Genealogy

Participants will learn how to research and compile their family history in this program taught by the President of the Connecticut Professional Genealogists Council. Bring a notebook and pen/pencil with you to class.

Day: Wednesday Time: 6:30 - 8:00 p.m.
 Dates: 3/4 - 4/29 (8 wks)-no class 4/15
 Place: Brookfield High Room Fee: \$96.00
 Instructor: Sandy Slifka

How to Meditate

We live in a fast paced world. Our lives are filled with pressure and stress and our mental attitude and emotional experience reflects this fact. But inside you there is an ocean of peace and happiness and a well of strength that never runs dry. Meditation will quiet your restless mind and settle your nagging emotions. Meditation is not something foreign or separate from you. When properly understood, meditation is actually your natural, free state of being. In this series of classes you will learn to meditate effectively using a time-honored approach to meditation that has been practiced for centuries. You will learn techniques for making your mind quiet so that you can experience the thought free state of meditation and the benefits that accrue naturally. Participants should dress comfortably for sitting in a chair or cross-legged on the floor.

Day: Tuesday Time: 7:00 - 8:00 p.m.
 Dates: 2/3 - 2/24 (4 wks) Fee: \$60.00
 Place: Brookfield Senior Center, 559B Federal Road
 Instructors: Anugraha Bakshi and Lakshmi Satya Devi

25 Power Foods to Help You Eat to Win!

We all want to have a strong and healthy body. Learn how the right foods can help your body resist aging, fight heart disease and cancer, support a strong immune system and provide plenty of energy to get you through your busy day. The foods you choose to eat tell your body how healthy you want to be. Join us as we learn about 25 power foods that are vital to your health. Discover how these power foods can fortify your body, as well as quick and easy ways to make them part of your daily diet. *SAMPLING* and *RECIPE HANDOUTS* during class will reinforce how you and your family can eat to win!

Day: Wednesday Time: 7:00 - 8:45 p.m.
 Date: 3/11 (1 wk) Fee: \$25.00
 Place: Town Hall Room 119 Instructor: Hillary Stern

Community First Aid & Safety

Instruction in Adult, Infant, and Child CPR and basic first aid in this 3-night course. Certification in Red Cross CPR and First Aid upon successful completion of course and tests. Fee includes cost of skill cards.

Day: Tuesday Time: 6:30 - 9:30 p.m.
 Dates: 1/27 - 2/10 (3 wks) Fee: \$90.00
 Place: Town Hall Instructor: Susan Jowdy

**Adult CPR Recertification**

Recertification for people whose certification in Adult CPR is expiring.

Day: Tuesday Time: 6:30 - 8:30 p.m.
 Date: 2/24 Fee: \$34.00
 Place: Town Hall Instructor: Susan Jowdy

Infant & Child CPR Recertification

Recertification for people whose certification in Infant and Child CPR is expiring

Day: Tuesday Time: 6:30 - 8:30 p.m.
 Date: 3/3 Fee: \$34.00
 Place: Town Hall Instructor: Susan Jowdy

**D.E.P. Boating Safety Course**

Students of all ages successfully completing this course will satisfy the education requirements for the Connecticut State

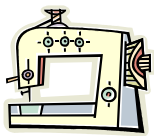
Boating Certificate, required for anyone who operates a boat. Participants must attend all four classes. There is an additional \$25 certificate fee to the State, which you will mail in after successful completion of the class.

Session 1:

Day: Tuesday and Thursday (twice a week for 2 weeks)
 Time: 7:00 - 9:30 p.m.
 Dates: 4/21, 4/23, 4/28, 4/30
 Place: WMS Seminar Rm.
 Fee: \$20.00

Session 2:

Day: Monday and Wednesday (twice a week for 2 weeks)
 Time: 7:00 - 9:30 p.m.
 Dates: 5/11, 5/13, 5/18, 5/20
 Place: WMS Seminar Rm.
 Fee: \$20.00



Beginning Sewing II

Have you ever wanted to learn how to sew? Or maybe you started to learn years ago, but need to refresh your skills? Here's your chance in this program for students with little

or no sewing background. The first class will meet at Joanne's Fabrics in Brookfield, where the instructor will help you pick out a pattern and fabric suitable for the project that you'd like to complete, such as curtains or a garment. Over the next five weeks you'll be walked through the steps to complete your project, including how to read a pattern, and how to use a sewing machine. Additional materials cost will depend upon the project and fabric you select, but are estimated at \$40-100. (Be prepared to purchase at first class.)

Day: Monday Time: 6:00 – 8:00 p.m.
 Dates: 1/26 – 3/9(6 wks)-no class 2/16
 Place: WMS Home Ec. Room Instructor: Karen Ryavec
 Fee: \$90.00

Basic Sewing Construction

Maybe you have been sewing for some time, but still wonder how to do certain things like put in zippers or sleeves. Or maybe you're a beginner who would like to learn the right way from the start. Whatever your experience, you're sure to learn something in this class. From zippers and buttons, to sleeves, interfacing and pockets, the instructor will demonstrate the proper way(s) to tackle each, and guide you as you practice on your own. Participants may need to purchase some additional materials, cost not to exceed \$25.00.

Day: Thursday Time: 6:00 – 8:00 p.m.
 Dates: 1/22 - 2/19 (4 wks) – no class 2/12
 Place: WMS Home Ec. Room Instructor: Debbie Vizi
 Fee: \$60.00

Floral Design for Beginners

A new year is beginning so how about learning a new skill that will allow you to make your own fresh flower arrangements? Be ready to show off your hidden talents to your family and friends after your first class. This class is taught by a professional floral designer, and features the basic design of an arrangement, including round, one sided, and centerpiece arrangements. Additional materials fee of approximately \$25.00 must be paid to instructor each week to cover the cost of flowers. No experience is necessary! Please bring floral snips.

Day: Monday Time: 7:30 - 9:30 p.m.
 Date: 1/26 – 2/9 (3 wks) Fee: \$48.00
 Place: Senior Center Craft Room
 Instructor: Shannon Schnuerer



Floral Design - Intermediate

Take what you already know and step it up a notch with the help of an experienced floral designer. Make larger and more interesting arrangements using unique containers and fresh flowers. Watch your creativity and knowledge grow giving you beautiful

arrangements to take home each week. Additional materials fee of approximately \$25 must be paid to the instructor each week. Please bring floral snips. Pre-requisite "Floral Design for Beginners" or floral experience.

Day: Monday Time: 7:30 - 9:30 p.m.
 Date: 2/23 – 3/9 (3 wks) Fee: \$48.00
 Place: Senior Center Craft Room
 Instructor: Shannon Schnuerer

Watercolor for Adults

Whether you are an artist just starting out or someone who has painted for a while, you will find this workshop fun, educational and inspiring. You will learn how to see colors in nature you have never seen before through the color wheel, and touch upon the importance of good drawing techniques as the bones of your painting. You will learn a wide variety of watercolor techniques while painting your own landscape by the end of the class, including values, learning first to see them in black and white then in color. Please ask for a materials list when registering (approximate cost \$40). Please note that the program meets in the Senior Center at its temporary location, 559B Federal Road.

Day: Thursday Time: 6:00 – 8:00 p.m.
 Dates: 2/19 – 3/26 (6 wks) Fee: \$59.00
 Place: Senior Center Instructor: Victoria Lange

New ~ Stained Glass for Beginners

Students will learn about the origins of glass, patterns and plans, glass selection and the use of tools and materials in this hands-on class. You will build one or two small projects (depending on their size) over the seven-week program. You do not need to bring anything with you to the first class; however you will receive a materials list for purchase before the second class. Depending on the projects you select, materials cost will be an additional \$80 – 100.

Day: Tuesday Time: 6:00 – 9:00 p.m.
 Dates: 1/20 – 3/3 (7 wks) Place: BHS
 Instructor: Mark Tomascak Fee: \$119.00



We are always looking for new class ideas! If you have an area of expertise that you would be willing to share with others, please download a "class proposal form" from our website. Days and times of classes are flexible, and previous teaching experience is not always necessary. Class proposals should be received by 2/2/09 to be considered for the spring /summer program guide.

New ~ Train for a Triathlon

Have you thought about competing in a triathlon but you don't know where to begin? This winter workshop for the beginning triathlete will start your training so you will be fit and ready to compete this summer. You will train for the three sports involved in triathlon: swimming, cycling and running, each sport one time per week for a total of three workouts. We will swim together as a group on Mondays, the only time each week that we will meet as a group. (You must be able to swim 50 yards competently). Your biking and running workouts will have greater flexibility for the days and times that you would like to schedule them. Your biking will be indoors in a group cycling class at No Limit Fitness, 1120 Federal Road Brookfield (morning and evening class times available, with babysitting) and running can be on a treadmill (babysitting options available) or outside, your choice. During the winter, this will give you more training options. You will learn how to balance all of your training and a program will be designed for you. Come and be a part of this exciting sport! We must have a minimum of 6 participants for this workshop.

Day: Monday

Dates: 1/26 – 3/9 (6 wks) - no class 2/16

Time: 7:30 – 9:00 p.m.

Place: SWIMMING at The Dive Shop, 439 Federal Road

Instructor: Cassie Dunn Fee: \$159.00

**Train for a 5K**

Are you interested in running a 5K (3 miles) road race? Are you a walker who would like to try running? Are you a runner interested in improving your times? Come join Cassie Dunn in a group setting for a series of training runs and short lectures. (Come dressed to run and

bring a water bottle) You will learn how to design a training program based on your level of fitness, whether you are a walker or a runner. Each participant will be evaluated and given a training program to follow on their own until the next week's meeting. This program will meet for six weeks, culminating in the Mother's Day 5K on 5/10/09. (Registration for the 5K is included in the fee.) All fitness levels are welcome! Cassie Dunn, a former cross-country and track coach, lives in Brookfield. She is a certified personal trainer, Pilates instructor and spinning instructor.

Day: Saturday Time: 9:00 – 10:00 AM

Dates: 3/28 – 5/10 (6 wks) - no class 4/11

Place: Brookfield High School Track

Instructor: Cassie Dunn

Fee: \$67.00

Ice Skating on Whalen Pond

Did you know that Whalen Pond is open to Brookfield residents for ice-skating during the winter months? Whalen Pond, also known as Hillandale Pond, is located at the intersection of Broadview and Hillandale Roads, near Brookfield High School. Ice conditions are checked Monday through Friday for safety, and a "skating" or "no skating" sign is posted at the Pond. Please note that conditions are not updated on weekends or holidays.

Indoor Group Cycling

Come SPIN your way to fitness! You've heard about it, now come and try it! This high-energy workout lets you train at YOUR fitness level in a group situation. In a darkened room, with a top-notch instructor and great music – you will have FUN while getting into the shape of you life! Regardless of your age, fitness level or experience – you will LOVE this! BABYSITTING AVAILABLE through No Limit Health and Fitness, please call 775-8548 for more information.

Session 1: INTRO TO SPIN Sat., 8:15 – 8:45 a.m.

Dates: 1/24 – 3/7 (6 wks)-no class 2/14 Fee: \$30.00

Session 2: Saturday, 9:00 – 10:00 a.m.

Dates: 1/24 – 3/7 (6 wks)-no class 2/14 Fee: \$60.00

Session 3: Monday, 9:15 – 10:15 a.m.

Dates: 1/26 – 3/9 (6 wks)-no class 2/16 Fee: \$60.00

Session 4: Monday, 6:00 – 7:00 p.m.

Dates: 1/26 – 3/9 (6 wks)-no class 2/16 Fee: \$60.00

Session 5: Wednesday, 9:15 – 10:15 a.m.

Dates: 1/28 – 3/4 (6 wks) Fee: \$60.00

Session 6: Wednesday, 6:00 – 7:00 p.m.

Dates: 1/28 – 3/4 (6 wks) Fee: \$60.00

Session 7: Sunday, 9:15 – 10:15 a.m.

Dates: 1/25 – 3/8 (6 wks) - no class 2/15 Fee: \$60.00

Place: NO LIMIT Health and Fitness, 1120 Federal Rd

The Truth about Diet and Exercise

Want to lose ten pounds in ten weeks the right way? Join us for a series of educational classes that takes a good look at your daily habits. Learn about foods, nutritional labeling, low fat cooking, behavior modification and exercise. All of these strategies are designed for you on an individual basis. Work with a Registered Dietitian to complete your goals. Classes generally last one hour. Lose 10 pounds in ten weeks if you do your homework.

Day: Thursday Time: 7:15 – 8:15 p.m.

Dates: 1/22 – 3/26 (10 wks) Fee: \$120.00

Instructor: Denise Turnbull RD, CDN

Place: The Body Shop Fitness Club

Jump Start Your Weight Loss

Join us for this program designed to get you on track for a healthier lifestyle with exercise and nutritional counseling. After a full fitness assessment, you'll be meeting with a nutritionist once a week for six weeks, as well as a personal trainer twice a week for six weeks. But make sure that you're committed, as no make-ups will be given. (And you know how the trainer will make the next workout twice as hard, anyway!) Sessions will be planned according to your schedule, with The Body Shop Fitness Club contacting you to set up mutually convenient times. When registering please specify if you would like hour long personal training sessions at a cost of \$700 for six weeks, or half-hour long personal training sessions at a cost of \$480.

Body Pump



A licensed program by Les Mills. It is the fastest way to shape up and lose body fat. Body Pump is a toning and conditioning class with weights and is just about for everybody. It's perfect for both males and females who want to add strength training to their workout. Burn 600 calories per class, improve your bone density and watch your body change.

Session 1: Wednesday 9:10-10:10 a.m.

Dates: 1/21 – 4/8 (12 wks) Fee: \$144.00

Instructor: Dawn Masella

Session 2: Tuesday 5:30 – 6:30 p.m.

Dates: 1/20 – 4/7 (12 wks) Fee: \$144.00

Instructor: Liz Raferty

Session 3: Thursday 5:30 – 6:30 p.m.

Dates: 1/22 – 4/9 (12 wks) Fee: \$144.00

Instructor: Karen Browne

Session 4: Sunday 9:30 – 10:30 a.m.

Dates: 1/18 – 4/5 (12 wks) Fee: \$144.00

Instructor: Liz Raferty

Place: The Body Shop Fitness Club, 14 Delmar Drive

New ~ Body Pump and Cardio

The best of both worlds to shape your body. Thirty minutes of cardio followed by Body Pump. (See the description of Body Pump above.)

Day: Friday Time: 9:10 – 10:10 a.m.

Dates: 1/23 – 4/10 (12 wks) Fee: \$144.00

Place: The Body Shop Fitness Club

Instructor: Dawn Masella

Body Conditioning

A full body workout using hand held weights, body bars, balls and your own body weight for resistance training. Abdominal and stretch exercises included.

Session 1: Saturday 9:15 – 10:15 a.m.

Dates: 1/17 – 4/4 (12 wks) Fee: \$144.00

Instructor: Donna Pace

Session 2: Wednesday 5:30-6:30 p.m.

Dates: 1/21 – 4/8 (14 wks) Fee: \$144.00

Instructor: Donna Pace

Place: The Body Shop Fitness Club

B. L. T. or (Butt, Legs, and Tummy)

This is a body sculpting class targeting the lower body's "hot spots", the glutes, inner and outer thighs and the waistline. Taught by Nicole Vitale, the class includes muscle and strength building moves, like squats and lunges, combined with effective sculpting moves that are focused and intensive. Don't worry about learning dance moves or combinations, because this class is all about form and function! Change your Body!

Nicole is a nationally ranked NPC Figure Competitor and a certified Health educator with a BS in Health Education. Nicole has been personal training for 12 years and teaching group fitness for 5 years. BABYSITTING AVAILABLE!

Day: Tuesday Time: 5:00 – 6:00 p.m.

Dates: 1/27 – 3/3 (6 wks) Fee: \$60.00

Instructor: Nicole Vitale

Place: NO LIMIT Health and Fitness, 1120 Federal Rd

Zumba

Zumba is a great way to stay physically and mentally fit while meeting new people with similar interests. It is like no other workout you will ever experience! It is great for the mind, body and soul... Zumba is based on the principal that exercise should be fun, which helps you stick with the program until you get results - the key to long term good-health. It's a feel good exercise program designed with a scorching fusion of world music and spicy dance rhythms. With its non-stop easy to follow choreography, you burn 500 to 800 calories per hour depending on how hard you work, and tone your body from head to toe. Zumba fitness utilizes aerobic interval training (combining fast and slow rhythms) to deliver an addictive, high energy, heart pumping cardiovascular workout you want to return to again and again.

Session 1: Tuesday, 9:30 - 10:30 a.m.

Dates: 1/20 – 4/7 (12 wks) Fee: \$144.00

Instructor: Lynda Muir

Session 2: Thursday, 9:10 – 10:10 a.m.

Dates: 1/22 – 4/9 (12 wks) Fee: \$144.00

Instructor: Charlotte Hess

Session 3: Monday 6:00 – 7:00 p.m.

Dates: 1/19 – 4/6 (12 wks) Fee: \$144.00

Instructor: Dolores Tirri

Session 4: Wednesday 7:00 – 8:00 p.m.

Dates: 1/21 – 4/8 (12 wks) Fee: \$144.00

Instructor: Lynda Muir

Place: The Body Shop Fitness Club, 14 Delmar Drive

New ~ Pilates Sculpt

This class combines traditional Pilates and body sculpting exercises using light weights, rings, and tubing for a total body workout. It is an excellent workout for beginner exercisers through advanced participants. Master Instructor, Marni McNiff will guide you through this workout, recommending any necessary adjustments based on your individual needs. Watch your body change! BABYSITTING AVAILABLE!

Day: Thursday Time: 9:15 – 10:30 a.m.

Dates: 1/29 – 3/5 Fee: \$60.00

Instructor: Marni McNiff

Place: NO LIMIT Health and Fitness, 1120 Federal Rd

Yoga

Yoga is a balancing of the entire body, which reaches every level of your being. It is modified to every person's ability from beginner to advanced. It is wonderful on its own or an excellent compliment to any sport or physical activity.

Session 1: Tuesday, 4:30 - 5:30 p.m.

Dates: 1/20 – 4/7(12 wks) Fee: \$144.00

Session 2: Wednesday, 8:00 – 9:00 a.m.

Dates: 1/21 – 4/8 (12 wks) Fee: \$144.00

Session 3: Thursday, 4:30 – 5:30 p.m.

Dates: 1/22 – 4/9 (12 wks) Fee: \$144.00

Session 4: Tuesday, 6:45 – 8:00 p.m.

Includes 15-minute session of meditation at the end of class.

Dates: 1/20 – 4/7 (12 wks) Fee: \$180.00

Place: The Body Shop Fitness Club, 14 Delmar Drive

Instructor: Penny Cidri (1,2,3), Aimee Colber (4)

Adult Fitness – Yoga, Pilates, Meditation



Intro to Yoga

If you've never tried yoga, or would like a refresher on the basics, this is the class for you! On Monday evenings, YogaSpace partner and Kripalu Certified instructor, Gloria Owens,

makes learning yoga safe, fun and accessible in this class geared especially for beginners. On Tuesday evenings, you'll be expertly guided by YogaSpace's original founder and partner Natasha Raymond, a Certified Integral Yoga Instructor. Both Gloria and Natasha teach the fundamentals of breathing and alignment in basic yoga poses, gently guiding each student to access their inner grace, strength, balance and wisdom. Each class concludes with a guided relaxation/meditation to leave you feeling restored, refreshed and ready to face the world.

Session 1: Monday, 7:30 - 9:00 p.m.

Dates: 1/19 – 3/23 (10 wks)

Session 2: Tuesday, 7:30 – 9:00 p.m.

Dates: 1/20 – 3/24 (10 wks)

Place: YogaSpace, 777 Federal Rd Fee: \$120.00/session

Mixed-Level Yoga with Dina

Certified teacher and YogaSpace partner, Dina Ferrante offers each student the opportunity to breath deeply and let go completely as they move through a varied series of yoga postures. This class is suitable for both beginning and more advanced students with modifications offered as appropriate. Start your week off deeply connected with all aspects of yourself, physically, emotionally and spiritually and leave class feeling peaceful and present.

Day: Monday Time: 9:30 - 11:00 a.m.

Dates: 1/19 – 3/23 (10 wks) Fee: \$ 120.00

Place: YogaSpace, 777 Federal Rd

Learning to Meditate: Un-do-ism 101

Curious about meditation? Don't know where to start? Want to learn how to access the inner peace, calm, wisdom and guidance that all of us are seeking? Join Jai Bhava (a.k.a. Ken Sprano) for this seven-week introduction to meditation in the serene atmosphere of YogaSpace. You will learn many approaches to meditation derived from Jai Bhava's extensive 30 years of study and experience. Students who have never meditated or done yoga before have said the class gives them the tools they needed to make positive changes in their lives. Ultimately this class is not about a particular technique, mantra, guru or philosophy, but is about following your heart; "doing" less and "being" more.

Day: Sunday Time: 7:30 – 8:30 p.m.

Dates: 1/25 – 3/8 (7 wks) Fee: \$98.00

Place: YogaSpace, 777 Federal Rd



Pilates

A class that focuses on the ageless concepts of a strong center, positive alignment and mental focus. Improve torso strength, joint mobility and body posture with movements

that increase your range of motion.

Session 1: Monday, 9:10 - 10:10 a.m.

Dates: 1/19 – 4/6 (12 wks) Fee: \$144.00

Session 2: Thursday, 6:40 - 7:40 p.m.

Dates: 1/22 – 4/9 (12 wks) Fee: \$144.00

Instructor: Ellen Serino Place: Body Shop Fitness Club

Adult Fitness - Open Gyms

All open gym programs are cancelled on days when school is not in session or dismisses early.



Open Basketball

Ongoing Monday night open play for Brookfield residents and their guests age 18 and over.

Purchase a season pass for \$50.00 or pay \$5.00 nightly at the door. Passes will not be sold after 12/22/08 and no credit for nightly passes will be given.

Days: Monday Time: 7:30 – 9:30 p.m.

Dates: 11/10/08 – 4/6/09 Place: BHS Gym

Fee: \$5.00/night or \$50.00/season pass

Open Volleyball

Ongoing Wednesday night open play for adults 18 and over. Purchase a season pass for \$50.00 or pay \$5

nightly at the door. Passes will not be sold after 12/17/08 and no credit for nightly passes will be given.

Days: Wednesday Time: 7:30 – 9:00 p.m.

Dates: 11/5/08- 4/8/09 Place: WMS Gym

Fee: \$5.00/night or \$50.00/season pass

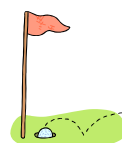
Indoor Soccer Thursday night open play for Brookfield residents and their guests age 18 and over. Purchase a season pass for \$45.00 or pay \$5 nightly at the door.

Days: Thursday Time: 7:30 – 9:00 p.m.

Dates: 1/8 – 4/2 (12 wks) Place: HHES Lower Gym

Fee: \$5.00/night or \$45.00/season pass

Adult Fitness - Golf



Adult Golf Lessons

Open to golfers of all skill levels, these classes are intended to provide students with a solid base in the fundamentals of golf, as well as to get them prepared to play and to enjoy the game. The classes are ideal for both beginners who have never played before and for more experienced players who want to improve one or all aspects of their game. The typical class schedule is:

Class 1: Introduction/Set-up and Swing with Irons

Class 2: Review/Set-up and Swing with Woods

Class 3: Pitch Shots and Bunker Play

Class 4: Chipping and Putting

Also included during these classes will be work on faults and fixes, drills, rules and etiquette, course management and strategy, some computer video swing analysis, and much more. Students can bring their own clubs, or Golf Quest will provide them for you. A 7-iron and 5 iron will be used during class 1 and clubs for other sessions will be discussed during class. Fee is \$110.00 for any one month of four classes. Classes meet 6:00–7:00 p.m.

January: Mondays – 1/5, 1/12, 1/19, 1/26

February: Tuesdays – 2/3, 2/10, 2/17, 2/24

March: Thursdays – 3/5, 3/12, 3/19, 3/26

Women Only Classes (Beginner)

January: Thursdays – 1/8, 1/15, 1/22, 1/29

February: Mondays – 2/2, 2/9, 2/16, 2/23

March: Wednesdays – 3/4, 3/11, 3/18, 3/25

Adult Fitness – Dance

For all of our dance classes, ladies are asked to wear skirts or dresses, and shoes with heels are preferred. Gentlemen are asked not to wear jeans or sneakers. Even though dances are reviewed repeatedly, students are expected to practice on their own between classes as well.

Ballroom and Latin Mix for Singles

We've had so many requests for this class! No need to be part of a couple (or have your other half with you) in order to participate. Join other people like yourself who want to learn ballroom and latin dances. Emphasis will be placed on mastering each step before moving on to new dances. Please note the dress code for participation in dance classes. Ladies are asked to wear skirts or dresses, and shoes with heels are preferred. Gentlemen are asked not to wear jeans or sneakers. Our instructor, Galina Andracchio, a former Russian competitor, is a member of the International Dance Teachers Association.

Day: Tuesday Time: 6:00 – 6:45 p.m.
Place: WMS- Cafeteria Fee: \$65.00/person
Dates: 1/20 – 3/10 (8 wks)



Strictly Ballroom Dance

Do you have a wedding, anniversary party or class reunion in your future? Would you like to impress your friends with some new moves? In addition to the physical benefits of dancing, mentally dancing serves as a wonderful stress

release. The dances you learn will be selected at the instructor's discretion and may include: Fox Trot, Slow Waltz, Tango, Viennese Waltz and Quick Step. Emphasis will be placed on mastering each step before moving on to new dances. Please note the dress code for participation in dance classes. Ladies are asked to wear skirts or dresses, and shoes with heels are preferred. Gentlemen are asked not to wear jeans or sneakers. Our instructor, Galina Andracchio, a former Russian competitor, is a member of the International Dance Teachers Association.

Day: Tuesday Time: 6:45 – 7:30 p.m.
Place: WMS- Cafeteria Fee: \$65.00/person
Dates: 1/20 – 3/10 (8 wks)



Latin Dance

What better way to beat the blues? Come and learn the spicy Mambo/Salsa and Cha-Cha that is found in much of today's popular music. Samba, the "dance of love" Rumba, and East Coast Swing also known as Jive are among the dances you may learn this session at the instructor's

discretion. Emphasis will be placed on mastering each step before moving on to new dances. Please note the dress code for participation in dance classes. Ladies are asked to wear skirts or dresses, and shoes with heels are preferred. Gentlemen are asked not to wear jeans or sneakers. Our instructor, Galina Andracchio, a former Russian competitor, is a member of the International Dance Teachers Association.

Day: Tuesday Time: 7:30 – 8:15 p.m.
Place: WMS Cafeteria Fee: \$65.00/person
Dates: 1/20 – 3/10(8 wks)

Tots Activities

New ~ Kid's Morning Out

Tis the season of hustle and bustle. Why not have your kids enjoy a morning out while you cross off items on your holiday to do list? Children ages 2-4 will join Jennifer Tomaino and Pam Zavarelli for a fun-filled morning including music and movement, parachute play, arts and crafts and stories, giving them an opportunity for social interaction and cooperative play. Children do not need to be potty trained in order to attend. Please send a snack and a drink.

Day: Tuesday Time: 9:30-11:30 a.m.
Dates: 12/16 Fee: \$19.00
Place: Congregational Church—Fellowship Hall



Jumpin' Beans

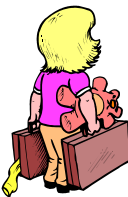
Children will increase socialization skills and coordination through musical games and movement activities with their parent or caregiver and other children 18 - 24 months old.

Instructor: Pam Zavarelli Fee: \$64.00/session
Day: Friday Time: 11:30 a.m. – 12:15 p.m.
Session 1: 1/16, 1/23, 1/30, 2/6 (4 wks)
Session 2: 2/27, 3/6, 3/13, 3/27 (4 wks)
Place: Tropical All Stars, 558 Federal Road

Two Good to be True

Children ages 2-3 and parent or caregiver will meet for songs, stories and arts & crafts. Activities will foster development of fine motor and language skills while having fun and making friends! Please bring a snack. We offer two time slots for this popular program, please specify time and session when registering.

Instructor: Jen Tomaino Fee: \$45.00/session
Day: Wednesday Time: 10:15 – 11:15 a.m.
Day: Wednesday Time: 11:15 a.m. – 12:15 p.m.
Place: Congregational Church, Fellowship Hall
Session 1: 1/14, 1/21, 1/28, 2/4 (4 classes)
Session 2: 2/18, 2/25, 3/4, 3/11 (4 classes)



Explorers

Children ages 3 ½ - 5 will meet for games and a variety of activities including story-telling, mini-puppet shows, no-cook foods, and arts & crafts. Please bring a snack and a smock. Please note that children must be potty trained to attend. Class size limited to 12.

Instructor: Jen Tomaino Fee: \$61.00/session
Day: Wednesday Time: 12:15 - 1:45 p.m.
Place: Congregational Church, Fellowship Hall
Session 1: 1/14, 1/21, 1/28, 2/4 (4 classes)
Session 2: 2/18, 2/25, 3/4, 3/11 (4 classes)

Theme Weeks

Preschool children ages 2-4 (with parent or caregiver) will meet for a variety of stories, crafts, games, and music all relating to the following themes:

January: 1/12 and 1/26 Winter Wonderland
February: 2/2 and 2/9 Happy Valentine's Day
March: 3/2 and 3/9 Welcome Spring!

Day: Monday Fee: \$24.00/month
Time: 10:00 – 11:00 a.m. Instructor: Pam Zavarelli
Place: Newbury Congregational Church, 126 Tower Rd



Singing and Signing

Did you know that babies start signing between the ages of 7 and 10 months old? It's been proven that babies who sign; speak earlier than non-signers, experience less

frustration, develop larger vocabularies, become better readers and have IQ's that are at least 10-12 points higher than their peers. Ms. Janine is a pioneer when it comes to signing with infants through school age children. It's been her passion for over 15 years! Teaching signs to your little ones is the new craze. Join Ms. Janine and see how fun and easy it is to learn through the magic of children's music. In order to better accommodate your child, we have divided the times by ages. Please specify what time and session you would like when registering. Class size is limited to 15 children.

Day: Tuesday Instructor: Janine Lamendola
Infants and Toddlers (up to age 3): Time: 10:00 -10:45 a.m.
Preschool – K (ages 3 to 5) Time: 11:15 a.m. – 12:00 p.m.
 Session 1: 1/20, 1/27, 2/3, 2/10 (4 classes)
 Session 2: 2/24, 3/3, 3/10, 3/17 (4 classes)
 Place: Newbury Congregational Church, 126 Tower Road
 Fee: \$43.00/session

Wee Crafters

Now at a new time and location! Children ages 3 - 5 will improve their fine motor skills and express their creativity while making crafts. A variety of materials will be used and special projects created with winter and holiday themes.

Day: Thursday
 Session 1: 1/22, 1/29, 2/5, 2/19 (4 wks)
 Session 2: 3/5, 3/12, 3/19, 3/26 (4 wks)
 Time: 1:00 – 2:00 p.m.
 Place: Newbury Congregational Church
 Instructor: Pam Zavarelli Fee: \$49.00 /session



'Lil Chefs

Children ages 3 and 4 will enjoy making no cook foods, as well as hands-on activities involving food and measurement. Please make us aware of any food allergies before the first class.

Day: Thursday
 Session 1: 1/22, 1/29, 2/5, 2/19 (4 wks)
 Session 2: 3/5, 3/12, 3/19, 3/26 (4 wks)
 Time: 10:00 – 11:00 a.m.
 Place: Congregational Church, Fellowship Hall
 Instructor: Jen Tomaino Fee: \$63.00 /session

"Tiny Hawk" Multi Sport

This introductory program will teach children ages 3.5 – 5 (not yet in kindergarten) beginning skills in soccer and basketball through unique Skyhawks' games. They will tune up their motor skills while refining their dexterity, balance and coordination with and without the ball. There is no pressure, just lots of fun! New this year, parents or caregivers are asked to participate along with the children. So please come dressed to play!

Day: Monday Time: 4:30– 5:30 p.m.
 Instructor: Skyhawks Staff Fee: \$89.00
 Dates: 1/26 – 3/23 (8 wks)-no class 2/16
 Place: Center School Gym

Tumbling Tots

Children 2-5 will meet for games, basic tumbling skills and energetic fun in a gym setting. We offer 2 time slots for this popular program; 9:30 - 10:30 am for age 4-5 with or without parent and 10:30 - 11:30 am for ages 2-3 with parent or caregiver. Please specify time and session when registering.

Day: Friday Fee: \$64.00/session
 Time for Ages 4-5 : 9:30 – 10:30 a.m.
 Time for Ages 2- 3: 10:30 – 11:30 a.m.
 Session 1: 1/16, 1/23, 1/30, 2/6 (4 wks)
 Session 2: 2/27, 3/6, 3/13, 3/27 (4 wks)
 Place: Tropical All-Stars, 558 Federal Road
 Instructors: Pam Zavarelli & Jen Tomaino

Ballet and Creative Movement for Tots

Children will explore the many ways their bodies can move, and use their imaginations for self-expression in this ballet and creative movement class for ages 3 - 5. There will be an open class performance for parents at the last class. Ballet slippers and leotards are preferred for participants, but not mandatory.

Day: Friday Instructor: Holly Gundolfi
 Dates: 1/23 – 4/3 (8 wks) – no class 2/13, 2/20, 3/20
 Time: 4:15 – 5:00 p.m. Fee: \$45.00
 Place: Center School Cafe



Learn to Ice Skate for Tots

Preschoolers age 3 ½ and older will enjoy this program which incorporates creative play and interactive learning games to teach skills. This program is designed for children who have never skated. They will learn the proper way to fall and get up, as well as marching in place and across the ice. Included is a free skating pass so that participants may practice at no charge during any public skating session for the eight- week duration of the program, as well as skate rentals if needed. Wear helmets and gloves or mittens.

Session 1: Wednesday, 1/7 – 2/18 (7 wks) Fee: \$112.00
 4:05- 4:35 p.m. (Tot 1 or 2)
Session 2: Thursday, 1/8 – 2/19 (7 wks) Fee: \$112.00
 10:00 – 10:30 a.m. (Tot 1)
 10:30 – 11:00 a.m. (Tot 2)
Session 3: Friday, 1/9 – 2/20 (7 wks) Fee: \$112.00
 10:00 – 10:30 a.m. (Tot 1)
 10:30 – 11:00 a.m. (Tot 2)

Place: Danbury Ice Arena, 1 Independence Way



We are always looking for new class ideas! If you have an area of expertise that you would be willing to share with others, please download a "class proposal form" from our website. Days and times of classes are flexible, and previous teaching experience is not always necessary. Class proposals should be received by 2/2/09 to be considered for the spring /summer program guide.

Center After School

Anything Goes with Mr. G

Anything Goes is a class for both boys and girls in K and 1st grade. The class emphasizes lead-up skills to sports, as well as fitness. Children will learn skills needed for sports and other fun games and activities. Please bring a snack and a drink each week.

Instructor: Joe Genovese Time: 3:15 - 4:45 p.m.

Place: Center School Gym Fee: \$40.00/session

Day: Tuesday

Session 1: 1/13, 1/20, 1/27, 2/3 (4 wks)

Session 2: 2/17, 2/24, 3/3, 3/10 (4 wks)

Day: Wednesday

Session 1: 1/14, 1/21, 1/28, 2/4 (4 wks)

Session 2: 2/18, 2/25, 3/4, 3/11 (4 wks)



Pillow Polo

Physical fitness, agility and coordination are the benefits from this team sport for grades K and 1. Rules of floor hockey are followed and nerf equipment is used.

Day: Thursday Time: 3:15 - 4:15 p.m.

Dates: 1/22 - 3/26 (8 wks)-no class 2/12, 2/19

Place: Center School - Gym Fee: \$40.00

Instructor: Mike Frederick

Sports Celebrated!

Exercise and fun are the key elements of this class. Children in grades K and 1 will develop basic skills in several indoor games and sports.

Day: Friday Time: 3:15 - 4:15 p.m.

Dates: 1/23 - 4/3 (8 wks) - no class 2/13, 2/20, 3/20

Place: Center School - Gym Fee: \$40.00

Instructor: Mike Frederick

Performing Arts Acting -Grade K/1

We were so impressed with Performing Arts Program's summer camp, that we asked them back to do acting classes with us this winter! Some of the topics that will be covered include: exciting theater games, concentration exercises, voice and speech, improvisational exercises, acting terminology, sense memory, subtext, stage skills, script work and more! At the end of this session there will be an informal performance to demonstrate what participants have been working on. These classes will also be challenging and offer new and exciting activities for the more experienced participant as well!

Day: Monday Time: 4:50 - 5:35 p.m.

Dates: 2/2 - 3/23 (7 wks) - no class 2/16

Place: HHES - Upper Gym Fee: \$95.00

Instructor: www.performingartsprograms.biz

Yoga Bear - Yoga for Youngsters



A yoga class for kids in grades K - 4 led by "YogaBear: Yoga For Youngsters" author and yoga teacher Karen Pierce. Karen will take children on a journey through 22 poses that introduce yoga by exploring and imitating animals and nature.

Day: Monday Time: 3:50 - 4:50 p.m.

Dates: 1/26 - 3/23 (8 wks) - no class 2/16

Instructor: Karen Pierce Place: HHES

Fee: \$59.00

Center After School, continued

LEGO Fungineering

Young budding engineers in grades K and 1 love this "hands-on, minds-on" program. Concepts of simple machines such as gears, pulleys, levers and wheels are introduced through a series of activity-card LEGO building projects. With the use of a motor and electrical controls, the models come alive right before their eyes! All new models to tinker with this winter. Class size is limited to 12 students.

Day: Monday Time: 3:15 - 4:30 p.m.

Dates: 2/23 - 3/23 (5 wks) Fee: \$82.00

Instructor: Computer Explorers Place: Center School Rm.

"Mini-Hawk" Multi Sport

This introductory program will teach children in grades K and 1 beginning skills in soccer and basketball through unique Skyhawks' games. They will tune up their motor skills while refining their dexterity, balance and coordination with and without the ball. There is no pressure, just lots of fun!

Day: Monday Time: 3:15 - 4:15 p.m.

Instructor: Skyhawks Staff Fee: \$89.00

Dates: 1/26 - 3/23 (8 wks)-no class 2/16

Place: Center School Gym

Ballet and Creative Movement for K/1



Children will explore the many ways their bodies can move, and use their imaginations for self-expression in this ballet and creative movement class for children in grades K and 1.

1. There will be an open class performance for parents at the last class. Ballet slippers and leotards are preferred for participants, but not mandatory.

Day: Friday Instructor: Holly Gundolfi

Dates: 1/23 - 4/3 (8 wks) - no class 2/13, 2/20, 3/20

Time: 3:15 - 4:15 p.m. Fee: \$45.00

Place: Center School Cafe



Get into the Kitchen

Children in grades K and 1 will enjoy making no cook and cooked foods, as well as hands on activities involving food and measurement.

Recipes will be duplicated in both of the

classes. Classes meet in the Center School Pre-School Room, 3:15 - 4:15 p.m. Fee is \$45.00/session.

Day: Tuesday Instructor: Jen Tomaino

Session 1: 1/20, 1/27, 2/3, 2/10 (4 wks)

Session 2: 2/24, 3/3, 3/10, 3/17 (4 wks)

Day: Wednesday Instructor: Jen Tomaino

Session 1: 1/21, 1/28, 2/4, 2/11 (4 wks)

Session 2: 2/25, 3/4, 3/11, 3/18 (4 wks)



Iddy, Biddy Basketball

Children in first grade will practice the basic skills of basketball including dribbling and passing in a fun, non-competitive atmosphere. All children will receive an iddy biddy basketball T-shirt.

Day: Saturday Dates: 1/10 - 2/28 (7 wks)

Time: 11:00 a.m.- 12:00 p.m. Place: HHES - U.Gym

Fee: \$55.00

Center After School, continued



Little Dragons

Students in grades K - 1 will be introduced to martial arts and character development through weekly themes including: laser beam focus, 3 rules of concentration, 20 ways to respect your teacher, coordination, self discipline, self control, physical fitness and more. The basic martial arts skills taught will prepare students to break a board and test for their white belt after the course ends. The purchase of a uniform or T-Shirt to wear in class is optional and must be arranged by visiting Zandri's Martial Arts directly prior to the first class. Contact them at 775-7150.
Day: Thursday Time 3:15 – 3:45 p.m.
Dates: 2/26 – 3/19 (4 wks) Fee: \$28.00
Instructor: Zandri's Martial Arts
Place: Center School Cafeteria

Crafty Kids

Children in grades K and 1 will improve their fine motor skills and express their creativity while making crafts. A variety of materials will be used and special projects created with winter and holiday themes.

Day: Tuesday
Session 1: 1/20, 1/27, 2/3, 2/10 (4 wks)
Session 2: 2/24, 3/3, 3/10, 3/17 (4 wks)
Place: Center School Art Room Time: 3:15 – 4:15 p.m.
Instructor: Pam Zavarelli Fee: \$45.00/session

Nature All Around Us – Winter



Children in grades K and 1 will learn about the history of bulbs and plant one for themselves, make their own recycled paper, make a bird feeder and learn to identify local birds, and start some seeds for spring planting. Activities will be repeated in both sessions.

Day: Thursday
Session 1: 1/22, 1/29, 2/5, 2/26 (4 wks)
Session 2: 3/12, 3/19, 3/26, 4/2 (4 wks)
Time: 3:15 – 4:15 p.m. Place: Center School Art Rm.
Instructor: Jen Tomaino Fee: \$45.00/session

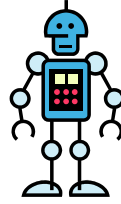
Huckleberry After School



Magic Workshops

Calling all future Harry Houdini's and David Copperfield's! Students age 5 - 12 will learn five magic tricks from a full-time professional magician, and will receive their own magic kits containing the props necessary to perform them at home. All new magicians will also receive their own magic wand, as well as a certificate of completion. Each workshop includes different magic tricks, so students may enroll in all three.
Instructor: Tom O'Brien Fee: \$15.00 each
Abracadabra - Magic Workshop 1:
Tuesday, January 27, 3:50 – 4:50 p.m., HHES Music Rm.
Hocus Pocus – Magic Workshop 2:
Tuesday, February 24, 3:50–4:50 p.m., HHES Music Rm.
Presto – Magic Workshop 3:
Tuesday, March 24, 3:50 – 4:50 p.m., HHES Music Rm.

Huckleberry After School, continued



LEGO Robotics

Using the amazing Lego Mindstorms system, students in grades 2 – 4 explore the world of Robotics. They will build different robotic models using the all-time favorite Lego bricks to build around a mini-computer. They will also use a kids-friendly computer software to program the robots to complete different missions. These classes discuss both mechanical building concepts and computer programming skills. All new exciting models and missions for this winter. There is a maximum of 12 students.
Day: Wednesday Time: 3:50 – 5:00 p.m.
Instructor: Computer Explorers Fee: \$82.00
Dates: 3/11 – 4/8 (5 wks)
Place: HHES

New ~ Animation Moviemaking

Clay and animation, what a perfect combination! Working in teams, students do it all, from story creation to making the characters and building the sets. As they learn the production process they will use a DIGITAL CAMERA and COMPUTER SOFTWARE to animate, record, download, assemble and edit their own movies. Their final masterpiece will be copied onto a CD for the students to take home for all to enjoy!

Day: Wednesday Time: 3:50 – 5:00 p.m.
Instructor: Computer Explorers Fee: \$82.00
Dates: 1/28 – 2/25 (5 wks)
Place: HHES Library



Acting Classes Grades 2-6

We were so impressed with Performing Arts Program's summer camp, that we asked them back to do acting classes with us this winter! Some of the topics that will be covered include: exciting theater games, concentration exercises, voice and speech, improvisational exercises, acting terminology, sense memory, subtext, stage skills, script work and more! At the end of this session there will be an informal performance to demonstrate what participants have been working on. These classes will also be challenging and offer new and exciting activities for the more experienced participant as well!

Day: Monday Time: 3:50 – 4:45 p.m.
Dates: 2/2 – 3/23 (7 wks) – no class 2/16
Place: HHES – Upper Gym Fee: \$95.00
Instructor: www.performingartsprograms.biz

Yoga Bear - Yoga for Youngsters

A yoga class for kids in grades K - 4 led by "YogaBear: Yoga For Youngsters" author and yoga teacher Karen Pierce. Karen will take children on a journey through 22 poses that introduce yoga by exploring and imitating animals and nature.

Day: Monday Time: 3:50 – 4:50 p.m.
Dates: 1/26 – 3/23 (8 wks) – no class 2/16
Instructor: Karen Pierce Place: HHES
Fee: \$59.00

Felt Punching 2

Learn about the latest craze in sewing...felt punching! Using a special machine (with safety features), students in grades 2-4 will actually "punch" decorative fabrics into a sweatshirt to create a unique design. If time permits, students will also create designs on bookmarks, a felt belt, a pocketbook or change purse and a wall hanging. Participants should bring a plain (single color, no pockets) sweatshirt with them to the first class. All other materials are included.

Day: Monday Time: 3:50 – 5:20 p.m.
 Dates: 1/26 – 2/23 (4 wks)-no class 2/16 Fee: \$52.00
 Place: HHES Art Room Instructor: Debbie Vizi

New ~ Quick Start Tennis

Children in grades 2 - 4 will learn how to control a tennis ball with a racket and have fun in this beginning program taught by BHS Girls Coach Elaine Gregory. Students may bring their own rackets. (Rackets will be supplied for anyone who needs one.) Students should wear sneakers and bring a water bottle each week.

Day: Wednesday Time: 3:50 – 4:50 p.m.
 Dates: 1/28 – 2/18 4 wks Fee: \$39.00
 Place: HHES Upper Gym
 Instructor: Elaine Gregory, BHS Girls Coach

Impressionistic Art Through the Eyes of a Child

We all know Madame Minier as a wonderful French teacher, but did you know that she has a degree in art history, as well? Students in grades 2-4 will discover the world of Impressionistic Art and be taken on a magical journey through the paintings of Degas, Renoir, Gauguin, Monet and Van Gogh. Madame Minier will read stories about children their age who have been on adventures to impressionistic museums, trips to Paris, visits to Monet's gardens and learn to appreciate the brilliance of these artists. Through books, pictures, movies and more, children will study, analyze and express their feelings about several famous works by these artists and then using colored pencils will create a book of their own renditions.

Day: Thursday Time: 3:50 – 4:45 p.m.
 Dates: 1/22 – 3/26 (8 wks)-no class 2/12, 2/19
 Place: HHES Art Room Fee: \$72.00
 Instructor: Margee Minier

French Fantastique

Now offered as a before school activity! Studies have shown that the earlier a child is exposed to a second language, the more quickly they excel. Learn French the fun way through music, colorful crafts and instruction. Students in grades 2-4 will learn about French foods, geography, famous buildings, as well as the basic greetings, alphabet, counting, colors and lots of vocabulary. Each student will receive a folder full of creative activities in French. Parents, please escort your child to the Music Room at each class meeting.

Day: Friday Time: 8:10 – 9:10 a.m.
 Dates: 1/23 – 4/3 (8 wks)- no class 2/13, 2/20, 2/30
 Place: HHES – Music Room Fee: \$72.00
 Instructor: Margee Minier

"No Cook" Creations

Come and explore the many foods that you can create without the use of an oven or stove. Open to students in grades 2 – 4. Please make us aware of any food allergies when registering.

Day: Wednesday Time: 3:50 - 4:50 p.m.
 Instructor: Pam Zavarelli Place: HHES Art Room
 Session 1: 1/21, 1/28, 2/4, 2/11 (4 wks)
 Session 2: 2/25, 3/4, 3/11, 3/18 (4 wks)
 Fee: \$45.00/session



Flag Football

Students in grades 2- 4 will be introduced to the basics in this non-contact class.

Session 1: Tuesday, 1/20 – 3/10 (8 wks)
 Session 2: Thursday, 1/22 – 3/26 (8 wks) – no class 2/12, 2/19
 Time: 3:50 – 4:50 p.m. Place: HHES Lower Gym
 Instructor: Dylan Heckmann Fee: \$40.00/session

Junior Floor Hockey

Students in grades 2 - 4 will learn the basic rules of floor hockey and participate in games. All students are required to bring their own goggles.

Session 1: Tuesday, 1/20 – 3/10 (8 wks)
 Session 2: Friday, 1/23–4/3 (8 wks)-no class 2/13, 2/20, 3/20
 Time: 3:50 - 4:50 p.m. Place: HHES Lower Gym
 Instructor: Jeff Woronick Fee: \$40.00/session



Bowling

Each class features two games of bumper bowling for students in grades 2 - 4. Bus transportation is provided from Huckleberry Hill School to Brookfield Lanes by school bus.

When sending in a note each week to the school, please include that your child is attending bowling on bus #26.

Pick-up is at Brookfield Lanes.

Day: Thursday Time: 3:50 - 5:30 p.m.
 Session 1: 1/22, 1/29, 2/5, 2/26 (4 wks)
 Session 2: 3/12, 3/19, 3/26, 4/2 (4 wks)
 Instructor: Dave Miller Fee: \$48.00/session
 Place: Brookfield Lanes

Youth Wrestling Program

The Brookfield Youth Wrestling Program is open to boys and girls ages 8 through 13. The program, open to those with little or no previous wrestling experience, will emphasize enhancing proper techniques, strength and conditioning skills. The program covers all aspects of wrestling including takedowns, escapes, reversals, pinning combinations and tilts. These techniques will be shown in a sequence that makes it easy for the wrestler to understand. Staff will consist of many local coaches and current and past wrestling stand-outs. Participants should wear sneakers, shorts, and a t-shirt. Everyone will receive a Brookfield Wrestling T-shirt.

Day: Monday, Tuesday, Wednesday (see below)
 Time: Age 8-10: 5:30 – 6:30 p.m. Fee: \$60.00
Age 11-13 6:45 – 8:15 p.m. Fee: \$65.00
 Dates: 1/5 (M), 1/12 (M), 1/20 (TUES), 1/26 (M), 2/2 (M), 2/9 (M), 2/11 (W), 2/17 (TUES), 2/23 (M), 2/25 (W)
 Place: Huckleberry Hill Lower Gym Instructor: Josh Levine

Huckleberry After School, continued



Basic Drawing and Watercolor

Students in grades 2 – 4 will join artist Victoria Lange in learning basic drawing and watercolor techniques. Each student will receive individualized attention to be successful at their

ability level, culminating with the completion of a painting. Please ask for a materials list when registering. Materials cost is approximately \$40.00. Bring a snack and a drink each week.

Day: Tuesday Time: 3:50 – 5:20 p.m.

Dates: 1/20 – 3/10 (8 wks) Fee: \$85.00

Place: Huckleberry Hill School – Room 201

New ~ Sign Language

Learn to communicate with your hands, facial expressions and body language. Instructor Janine LaMendola has a fun and easy way to learn simple conversations in American Sign Language for Huckleberry Hill School students.

They will walk away from this program with 50 plus vocabulary words, plus Deaf awareness. We'll talk about what it might be like to live in a world without sound.

Day: Wednesday Time: 3:50 – 4:50 p.m.

Dates: 1/21 – 2/25 (6 wks) Fee: \$66.00

Place: Huckleberry Hill School Library

Instructor: Janine Lamendola

Junior Chefs

Young Chefs teaches a very important and useful life skill-- how to cook properly, and make delicious and nutritious meals. Students age 8 – 11 will learn valuable culinary skills and techniques that they will use for the rest of their lives. In addition, they use their math, reading/comprehension and communication skills. Recipes change every week, so students are always learning about a new dish, ingredient or technique. Students will become more adventurous about food as they learn food history, proper nutrition, how recipes can be modified to suit different tastes and dietary concerns, and food safety. They will also taste the food they made, and discuss each recipe at the end of class. All food and supplies are included in the fee.

Day: Thursday Time: 4:30 – 6:00 p.m.

Dates: 1/8 – 1/29 (4 wks) Fee: \$110.00

Place: Young Chefs Academy, 18 Old Route 7



Martial Arts for Beginners

Students in grades 2 - 4 will be introduced to martial arts and character development through weekly themes including: laser beam focus, 3 rules of concentration, 20 ways to respect your teacher, coordination, self discipline, self control,

physical fitness and more. The basic martial arts skills taught will prepare students to break a board and test for their white belt after the course ends. The purchase of a uniform or T-Shirt to wear in class is optional and must be arranged by visiting Zandri's Martial Arts directly prior to the first class. Contact them at 775-7150.

Day: Friday

Dates: 2/27 – 3/27 (4 wks) – no class 3/20

Time: 3:50 – 4:35 p.m. Fee: \$28.00

Instructor: Zandri's Martial Arts

Place: Huckleberry Hill School – Lower Gym

Huckleberry After School, continued



Drawing Mixed Media

Paint, Draw & More! drawing classes teach young artists in grades 1-4 to draw what they see, to enhance their drawings with

their own ideas and concepts, and to use different materials in creative ways. Students learn to draw in a non-competitive, creative and fun environment. This art program helps children build self-esteem through personal drawing success, and helps them develop an understanding of spatial and color relationships. We will use pencils, markers, watercolors, chalk and oil pastels, etc. to draw animals, still life, landscapes, and more. Drawing concepts like composition, shading and perspective will be taught. We use the highest quality materials we can to help our students obtain the best results for their efforts. For more information about Paint Draw and More programs, visit

www.paintdrawmore.com

Day: Friday Time: 3:50 – 5:20 p.m.

Dates: 1/16 – 3/27(8 wks) -no class 2/13, 2/20, 3/20

Place: HHES Art Room Fee: \$168.00

Instructor: Dan DeCamillo



Learn to Ice Skate Grades 1-4

Included is a free skating pass so that participants may practice at no charge during any public skating session for the eight- week

duration of the program, as well as skate rentals if needed. We are currently offering Skate levels 1 and 2 concurrently with different instructors. Skate 1: Entry level class for those with little or no experience on the ice. Skaters will learn the proper way to fall down and get up as well as marching and gliding across the ice. They will also be introduced to forward swizzles, backward wiggles and stops. Skate 2: This class is for graduates of Skate 1 or for those skaters who have skating experience but not formal lessons. Skaters must be able to skate and glide on their own. They will learn 2-foot and 1-foot glides, forward and backward swizzles, alternating forward ½ swizzles and snowplow stops.

Session 1: Saturday, 11:20 – 11:50 a.m., 1/3 – 2/21(8 wks)

Place: Danbury Ice Arena, 1 Independence Way

Fee: \$128.00/session

Whisconier After School



Acting Classes Grades 2-6

We were so impressed with Performing Arts Program's summer camp, that we asked them back to do acting classes with us this

winter! Some of the topics that will be covered include: exciting theater games, concentration exercises, voice and speech, improvisational exercises, acting terminology, sense memory, subtext, stage skills, script work and more! At the end of this session there will be an informal performance to demonstrate what participants have been working on. These classes will also be challenging and offer new and exciting activities for the more experienced participant as well!

Day: Monday Time: 3:50 – 4:45 p.m.

Dates: 2/2 – 3/23 (7 wks) – no class 2/16

Place: HHES – Upper Gym Fee: \$95.00

Instructor: www.performingartsprograms.biz



Tweens & Teen Yoga

A yoga class just for students in grades 5- 8! Tweens and teens who think yoga is too sissy will find this lively class with upbeat music a nice combination of physical

challenge, stress relief, relaxation and fun. Yoga practice benefits today's busy adolescents just as it would any other person allowing them to de-stress and center themselves. It's an inspiring way to cultivate confidence, improve focus, increase body awareness, and create a positive body image. Chill out with other teens in this ancient Indian art of self-discipline and development. Plus...yoga is cool. No yoga experience is necessary. All levels welcome. Wear loose or stretchy clothing and bring a yoga mat. Late bus transportation is available.

Day: Tuesday Time: 2:30 - 4:00 p.m.
Dates: 1/20 – 3/10 (8 wks) Instructor: Karen Pierce
Place: WMS Fee: \$89.00

LEGO Robotics at Whisconier

Using the amazing Lego Mindstorms system, students in grades 5-8 explore the world of Robotics. They will build different robotic models using the all-time favorite Lego bricks to build around a mini-computer. They will also use a kids-friendly computer software to program the robots to complete different missions. These classes discuss both mechanical building concepts and computer programming skills. All new exciting models and missions for this winter.

Day: Tuesday Time: 2:30 – 3:50 p.m.
Dates: 1/27 – 2/24 (5 wks) Fee: \$98.00
Instructor: Computer Explorers Place: Whisconier

Animation Moviemaking at WMS

Clay and animation, what a perfect combination! Working in teams, students in grades 5-8 do it all, from story creation to making the characters and building the sets. As they learn the production process they will use a DIGITAL CAMERA and COMPUTER SOFTWARE to animate, record, download, assemble and edit their own movies. Their final masterpiece will be copied onto a CD for the students to take home for all to enjoy! Maximum of twelve students.

Day: Tuesday Time: 2:30 – 3:50 p.m.
Dates: 3/3 – 3/31(5 wks) Instructor: Computer Explorers
Place: Whisconier Fee: \$98.00



Successful Study Skills for the Middle School Student

Good study skills and strategies can mean the difference between failure and success in school. These abilities become more and

more vital as workloads increase for students moving through middle and high school. In this one-day overview program students will be introduced to organizational and study strategies along with time management guidelines and test taking tips. Students will leave with several handouts to help them put these guidelines into action in the real world. This is a limited small group session taught by an experienced teacher of Study Skills.

Day: Saturday Time: 11:00 a.m. – 1:00 p.m.
Date: 1/24 Fee: \$35.00
Place: Tutoring Club, 270 Federal Road
Instructor: Elaine Krause



Basic Drawing and Watercolor

Students in grades 5 – 8 will join artist Victoria Lange in learning basic drawing and watercolor techniques. Each student will receive individualized attention to be

successful at their ability level, culminating with the completion of a painting. Please ask for a materials list when registering. Materials cost is approximately \$40.00. Bring a snack and a drink each week. Late bus transportation is available from WMS after school for this program.

Day: Monday Time: 2:30 – 4:00 p.m.
Dates: 1/26 – 3/23 (8 wks)-no class 2/16
Place: WMS Art Room Instructor: Victoria Lange
Fee: \$85.00

Sew for Yourself!

Students in grades 5-8 will practice basic sewing skills as they create useful projects including pajama bottoms and a tote bag. Please ask for a materials list when registering.

Day: Thursday Time: 2:30 – 4:00 p.m.
Dates: 1/22 - 2/19 (4 wks) – no class 2/12
Place: WMS Home Ec. Room Fee: \$52.00
Instructor: Debbie Vizi

Camp Voyager Reunion Trip

Can't wait for the summer? Neither can we, that's why we've organized the first annual Camp Voyager Reunion! Come and see some of your friends and camp counselors from last summer and check out the newest spot for indoor fun, Coco Key Water Resort in Waterbury. We'll leave Town Hall at 10:00 a.m., and enjoy a few hours at Coco Key followed by a stop at a fast food establishment on the way home. Be sure to bring along your bathing suit and towel, and money for lunch. Don't worry if you haven't attended Camp Voyager before, everyone in grades 5 – 8 is welcome!

Day: Monday Time: 10:00 a.m. – 2:30 p.m.
Date: 1/19 (1 wk) Supervisor: Kylie Himebaugh
Place: Town Hall Fee: \$44.00



Digital Photography

Come join us and capture the moment! What better way to capture the world than through a digital camera lens, using WMS grounds as our canvas. Students will learn

how to operate a Sony Mavica digital camera, which we will provide, and learn picture effects such as color, black & white, sepia tone and more. Students will learn the techniques of composing an image by the use of light and subject placement. The technique of formal portraiture will be presented by the use of videos, image printouts and slideshows. All students' work will be transferred to the computer for critique and the basics of Adobe Photoshop will be covered. Students are welcome to bring their own digital cameras if they have one. Classes are limited to 5 students to allow for individual attention. Late bus transportation is available from WMS after school for this program.

Session 1: Monday, 1/26 – 3/23 (8 wks)-no class 2/16
Session 2: Tuesday, 1/20 – 3/10 (8 wks)
Time: 2:30 – 4:00 p.m. Place: WMS Classroom
Instructor: Penny Brennan Fee: \$105.00/session



American Red Cross Babysitter's Training

American Red Cross Babysitter's Training gives 11-15 year olds the skills and

confidence they need to become great babysitters. This 6-hour class covers training in care giving, decision making, safety and first aid skills, and preventing and responding to emergencies. Course participants receive The Babysitter's Training Handbook, which provides course review and 30 easy-to-follow first aid action plans for handling emergencies. Red Cross Babysitter Certification cards will be awarded upon successful completion. Please bring a lunch and drink and a pen or pencil.

Session 1: Thursday, February 12, 9:00 a.m. – 3:00 p.m. at the Senior Center, 559B Federal Road

Session 2: Friday, March 20, 9:00 a.m. – 3:00 p.m. at Town Hall

Instructor: Peggy Boyle

Fee: \$60.00/session

Teen Chefs

Young Chefs teaches a very important and useful life skill-- how to cook properly, and make delicious and nutritious meals. Students age 12 – 16 will learn valuable culinary skills and techniques that they will use for the rest of their lives. Recipes change every week and are never repeated, so students are always learning about a new dish, ingredient or technique. They will taste the food they made, and discuss each recipe at the end of class. All food and supplies are included in the fee.

Day: Tuesday Time: 5:00 – 6:30 p.m.

Dates: 1/6 – 1/27 (4 wks) Fee: \$110.00

Place: Young Chefs Academy, 18 Old Route 7



Weight Training for Beginners

These classes are designed to teach students ages 12-15 the fundamentals of weight training. Students will learn to use weight

training equipment, in a supervised format that emphasizes safety. Exercises such as the Bench Press and Squat, and related assistance movements will be emphasized. Upon completion of this course, students will be able to follow a workout with weights, using proper form and technique. Classes are limited to 6 students to allow for individual attention.

Day: Saturday Time: 9:00 – 10:15 a.m.

Session 1: 1/17 – 2/7 (4 wks)

Session 2: 2/21 – 3/14 (4 wks)

Instructor: Rob Delavega

Place: No-Limit Health & Fitness, 1120 Federal Road

Fee: \$80.00/session

Youth Wrestling Program

The Brookfield Youth Wrestling Program is open to boys and girls ages 8 through 13. The program, open to those with little or no previous wrestling experience, will emphasize enhancing proper techniques, strength and conditioning skills. The program covers all aspects of wrestling including takedowns, escapes, reversals, pinning combinations and tilts. These techniques will be shown in a sequence that makes it easy for the wrestler to understand. Staff will consist of many local coaches and current and past wrestling stand-outs. Participants should wear sneakers, shorts, and a t-shirt. Everyone will receive a Brookfield Wrestling T-shirt.

Day: Monday, Tuesday, Wednesday (see below)

Time: Age 8-10: 5:30 – 6:30 p.m. Fee: \$60.00

Age 11-13: 6:45 – 8:15 p.m. Fee: \$65.00

Dates: 1/5 (M), 1/12 (M), 1/20 (TUES), 1/26 (M), 2/2 (M), 2/9 (M), 2/11 (W), 2/17 (TUES), 2/23 (M), 2/25 (W)

Place: Huckleberry Hill Lower Gym

Instructor: Josh Levine



Golf Lessons for Juniors

These classes are intended to provide students ages 8 – 15 with a solid base in the fundamentals of golf, as well as to get them prepared to play and to enjoy the game. The classes are ideal for both beginners who have never played before

and for more experienced players who want to improve one or all aspects of their game. The typical class schedule is:

Class 1: Introduction/Set-up and Swing with Irons

Class 2: Review/Set-up and Swing with Woods

Class 3: Pitch Shots and Bunker Play

Class 4: Chipping and Putting

Also included during these classes will be work on faults and fixes, drills, rules and etiquette, course management and strategy, some computer video swing analysis, and much more. Students can bring their own clubs, or Golf Quest will provide them for you. A 7-iron and 5-iron will be used during class 1 and clubs for other sessions will be discussed during class. Fee is \$110.00 for any one month of four classes. All classes meet 4:30 – 5:30 p.m. at Golf Quest, 1 Sand Cut Road.

January: Mondays – 1/5, 1/12, 1/19, 1/26

February: Tuesdays – 2/3, 2/10, 2/17, 2/24

March: Thursdays – 3/5, 3/12, 3/19, 3/26

Youth Employment Program

The Youth Employment Program is designed to assist students (12 years and older) in seeking part-time employment. The students are hired by a local resident to perform such tasks as: babysitting, yard work, housecleaning, office assistance, pet sitting, painting, car washing and shoveling in the winter. The local resident pays the student for performing these tasks.

Students seeking employment and Residents seeking help, who are interested in participating in the Program should contact The Brookfield Parks & Recreation Office at 203-775-7310.

Brookfield High School

Nut and Bolts of College Admissions

How do you really get into the schools you want? Perhaps your student is beginning the college planning process. But where do you start? This evening we will cover topics that can really make a difference as they make their choices. For example, choosing the school that fits your interests and qualifications, making a good impression on the admissions team, writing that admissions essay, and the real impact of your SAT/ACT scores and how all this is so important. This evening is recommended for families of seniors in the admission process and juniors who want a head start in their college search.

Day: Wednesday Time: 7:00 – 9:00 p.m.
Date: 1/28 Fee: \$25.00/family
Place: Tutoring Club, 270 Federal Road
Instructors: Bill Gross, Owner; Elaine Krause, facility director, as well as Academic Director

**Help
Wanted**

We are currently accepting applications for the following seasonal summer positions:

Lifeguard, Camp Counselor

The Town of Brookfield is an equal opportunity employer. Contact the Parks & Recreation Office at 775-7310 for more information or to request an application. Applications are also available for download from our website.
Deadline for applications: 3/20/09

Frequently Requested Phone Numbers

Brookfield Education Foundation (BEF)	Carol Does	775-8965
www.brookfieldeducationfoundation.org		
Boy Scouts	Ray Pflomm	775-8167
State of CT DEP	Division of Boating	(860) 434-8638
Conservation Commission	Alice Dew	740-2419
Garden Club	Betty Ziegler	775-2279
Girl Scouts Daisy (K/1)	Lynn Ecsedy	775-0817
Brownie (Gr. 2 & 3)	Jennifer Evers	jeverson@sbccglobal.net
Junior (Grades 4-5)	Laura Hancock	775-8543
Cadette/SR (Gr 6-12)	Elaine Gregory	482-9381
Adult Leadership	Julie Blick	740-9015
Lion's Club	Robert Rascona	775-1225
MOMS Club® of Brookfield West	Megan H. Deirdra W.	740-2367 775-4069
Brookfield Newcomers and Neighbors www.brookfieldnewcomers.com P.O. Box 263		
Rotary Club	Russ Cornelius	775-8010
Senior Center	Ellen Melville Gail Pellis	775-5308
Youth Employment	Parks & Rec.	775-7310

Community Connection

20TH ANNUAL BUNNY BREAKFAST

To Benefit the Brookfield Community and Offer Scholarships for Continuing Education. Sponsored by Newcomers and Neighbors Club of Brookfield.

Saturday, April 4
8:30AM - 12:00 NOON
(Breakfast Served until 11:00 AM)
Brookfield High School Cafeteria

Bring the kids, visit with the bunny, and enjoy:
Pancakes, Eggs, Sausage, Fruit
Juice, Coffee, Tea
Games and Activities for the Kids
Vendor Sale, Raffle and Bake Sale

\$7.00 for adults and \$4.00 for children at the door
Call Nicole Genna at 775-9428 for additional information

Brookfield Soccer Club - Spring 2009 Registration

www.brookfieldsoccer.org

Registration for the Spring 2009 season is now open and can be done via BSC's **online registration** system on our website www.brookfieldsoccer.org !

Please note, registration for players new to BSC will need to be done in person at Open Registration in early 2009.

Please check the website for more details to be posted in the coming weeks. For questions regarding registration, please send an e-mail to registrar@brookfieldsoccer.org

Brookfield Baseball and Softball Association Spring 2009 Registration

<http://www.leaguelineup.com/brookfield>

Thursday, January 15 7:00 – 9:00 p.m. BHS Cafeteria
Thursday, January 22 7:00 – 9:00 p.m. BHS Cafeteria
Thursday, January 29 7:00– 9:00 p.m. BHS Cafeteria

BBSA Spring 2009 registration will be held in the cafeteria of Brookfield High School. Registration is open to Brookfield residents only.

First time players must provide a copy of their birth certificate. Fee due at registration and will vary according to League. White baseball pants required and are available for purchase at registration.

Boys Baseball (Ages 5 – 19) Must turn 5 by 4/30/09.
Girls Softball (Ages 5 – 16) Must turn 5 by 12/31/08.

Any questions on the announcements please send a note to Fern Smenyak at Smenyak@aol.com.

Brookfield Lacrosse Club Spring 2009 Registration www.brookfieldlax.org

Registrations conducted online beginning in November 2009. Visit our website at www.brookfieldlax.org for more information. Open to Boys and Girls grades K-8, Kids new to the sport are welcomed and encouraged to come out and try this fast paced & exciting sport. Teams are formed based on age/grade and skill level. The Lacrosse season runs from April-June with limited indoor practice time in January-March. Contact President Kevin Madden @ (H) 203.775.4434, (C) 203.240.1020, or Kevin.Madden@ge.com.

From the Director

Not enough to do this Winter? Tough economic times got you down? Take a peak through this brochure for some healthy and affordable ways to get the whole family more involved physically & emotionally in our Town. We take pride in the quality of our social, educational, recreational and enrichment programs that touch the lives of well over 7200 individuals and families annually.

Community support remains the key to any well functioning Department of Parks and Recreation. Brookfield's adopt-a-site and gift giving programs, Garden club, sports clubs, civic groups and volunteers are becoming even more vital to maintain and improve our existing facilities. We extend an invitation to town residents, businesses, and organizations to learn more about such programs and thank you for your continued support.

Our staffs of Recreators and Groundsmen continue to maximize the Department's limited resources by improving upon Brookfield's recreational facilities and programs. On behalf of the Brookfield Parks & Recreation Department I would like to extend a **"Safe, Healthy and Happy Holiday Season to all of our residents."**

"THE BENEFITS ARE ENDLESS"

Dennis DiPinto, Director
Parks & Recreation

How to Register



By phone when paying by VISA, Master Card, or American Express. Call 775-7310 and press 3 to speak with a staff person. Registration by phone for all winter programs begins Friday, December 12.



By mail, include your name, address, phone number and the course that you are registering for, along with your check or credit card information. Enclose a self-addressed stamped envelope if you would like a receipt.



In person at the Brookfield Municipal Center, 100 Pocono Road. The Parks & Recreation Office is open Monday through Friday, 8:30 a.m.-4:30 p.m. When you enter the Town Hall, make a right, and we are the last office on the left. You may register in person for winter programs anytime during office hours.